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NEWS TALK SPORTS

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GOODNESS & FLAVOUR
HAVE NEVER LOOKED
PRETTIER {page 15}



HARK
IT'S A HAROLD &
KUMAR CHRISTMAS
FOR NPH {page 11}



LONDON

metro 

Thursday, November 3, 2011
www.metronews.ca



News worth sharing.



► Ciara Latendresse, 21, and Bill Miles, 43, strike a chord yesterday afternoon outside the Covent Garden Market.

ANGELA MULLINS/METRO

Musical duo strings a few notes together

Ciara Latendresse and Bill Miles, who have dubbed their street act Two-Dollar Bill and Ciara Dawn, play a variety of music, including gospel and country. They spend their time travelling back and forth between Quebec and London, where Miles has a daughter.

Occupy ups ante

► Occupiers say more people are stopping by and learning about movement's goals

Members of the Occupy London encampment in Victoria Park are getting some attention — and it's coming from more than city officials growing impatient for them to pack up and ship out.

The interest is coming from people like Rodney Schram, one of several fresh faces who stopped by the group's tent city yesterday afternoon.

"Quite frankly, I don't know why I shouldn't or wouldn't (join them)," Schram, 53, of London said after reading some of the literature posted near the occupation's "safe zone."

"It says right over there, corporate welfare," Schram said, explaining that corporations care little about employees and more about meeting shareholders' bottom line. "That's what it's all about. It's lunacy."

The support comes as the occupiers seem bound for conflict with the city. Mayor Joe Fontana and police Chief Brad Duncan kindly asked the protesters to move along last week, days after they set up their ad-hoc community Oct. 22.

The group ignored the request but earned a face-to-face meeting



► Anthony Verberckmoes, left, talks with Rodney Schram at Occupy London.

ANGELA MULLINS/METRO

with city councillors last week.

Fontana got into an argument with one of the occupiers Tuesday evening after he said a tree-lighting cere-

mony had to be moved to another part of the park because of the tents. The mayor has, however, extended an olive branch, telling occupiers they can set up an education tent during the day if they stop sleeping in the park, a move that violates city bylaws.

Mike Roy, who's participating in the movement, said there are no plans to leave.

"It's an occupation," he said, explaining why it's important that the protest continue around the clock.

Roy said Fontana's statements about the tree-lighting ceremony were disingenuous and an attempt to "paint a bad picture" of the movement. When someone from the city asked for tents to be cleared away from the tree that was supposed to be lit, the campers moved, Roy said.

The occupiers remain in contact and on a good note with the police service's liaison officer, he said.

● ANGELA MULLINS WITH FILES FROM THE CANADIAN PRESS

Hurry, winter's coming. Visit your Ontario Ford Store today.

Jewish community to hold 51st bazaar

London Hadassah-WIZO will hold its 51st annual Hadassah Bazaar on Sunday at the newly renovated London Jewish Community Centre (536 Huron St.)

The bazaar runs from 10 a.m. to 3 p.m. and features new clothing, toys, a large selection of new NAOT shoes, gently used clothes, books, housewares and other items. Baked goods, latkes and matzo-ball soup will also be available.

Admission is \$2, free for children under 12. Funds raised will support children, health care and women's projects in Canada and Israel.

● METRO



Western Fair board elects new chair

Michelle Campbell was elected chair of the board of governors at the recent annual general meeting of the Western Fair Association.

Michelle Campbell was elected to the Western Fair Association's board in 2007 and most recently has served on Western Fair District's strategic planning, committees.

Don McCallum, a member of the association since 1990, was elected vice-chair of the board of governors.

● METRO



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Victoria. Park



► Picnickers, from left, Val Shakespeare of Grand Bend, Rylen Mount, 2, Mackenzie Gouthro, 1, Katelyn McInnis, 3, and Lisa Miller, all of London, enjoy themselves yesterday afternoon in Victoria Park.

ANGELA MULLINS/METRO

Enjoying a picnic in November

The picnic was organized to mark Miller's 37th birthday. The children who attended are from Miller's daycare, Lisa's Little Sweethearts, and were on hand to help with the celebration.

Fighting HIV and AIDS, one text at a time

► Local researcher in running for grant from Grand Challenges Canada



ANGELA MULLINS
@METRONEWS.CA

Who would have thought cellphones held the answer to stopping the spread of HIV and AIDS?

Femida Gwady-Sridhar did, and she's taking the first steps to making the idea a reality.

Gwady-Sridhar, director of I-THINK Research at London's Lawson Health Research Institute, is in the

running for a research grant that would create a text-message-based social network linking Ugandans with resources to ward off HIV and AIDS. The money would also create a mobile application designed to teach people in the South African country about the importance of things such as medication.

Ugandans already have access to mobile messaging and most depend on cellphones as their primary

source of communication, Gwady-Sridhar said. So, using messaging to connect people within and across villages is a logical approach to a problem that isn't too far fetched from one in many Canadian families.

The network also would allow Ugandans to share information with researchers about barriers to treatment and other issues that are going unaddressed.

Gwady-Sridhar said she will partner with the Sala-

ma Shield Foundation, a non-profit already working in Africa. Researchers need about \$100,000 to get the project off the ground.

Stopping the spread of HIV and AIDS in Uganda has a global significance, Gwady-Sridhar said.

"There are a lot of raw resources and products that come from countries like Uganda, like coffee and cotton," she said. "We ... don't realize how we suffer by not supporting them."

Celebrating 25 years of fulfilling wishes

The Make-A-Wish Foundation of Southwestern Ontario is celebrating its 25th anniversary with the Starry Night gala Saturday at the Four Points by Sheraton in London.

A reception starts at 6 p.m., with dinner at 7 p.m. Entertainment will be provided by Madmen Across

the Water: Featuring John Regan & Jean Meilleur with the Jeans 'n' Classics Band and Orchestra.

Tickets are \$100 per person (tables seat 10). Call 519 471-4900, ext. 21.

The Make-A-Wish Foundation grants wishes to children with life-threatening conditions. ● METRO

News in brief

Theatre to host variety show

GODERICH. The Grand Theatre will be joining forces with others in the professional theatre community to present Spotlight on Goderich: A Variety Show at the Huron Country Playhouse in Grand Bend on Sunday, Nov. 20th at 3 p.m. ● METRO

Plants to shed light on skilled labour

CAREERS. Five plants in London will open their doors today to guidance counsellors from two school boards, as well as employment service providers, to highlight careers in manufacturing and skills required in today's workforce. ● METRO

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news



Ontario's opposition parties worry that the Liberals won't let the fact that they don't have majority deter them from governing as if they do. Scan the code for the story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

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3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca



The Hudson's Bay Co. proudly shows off its collection of apparel to be worn by Canada's athletes at the 2012 Summer Olympics in London, U.K. Video at metronews.ca/video

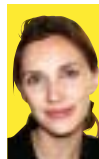


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CONFESSIONS OF THE BLACK LEGGING BRIGADE

LONDON STYLE

SARAH FRANCIS
METRO LONDON



► Black leggings can be comfy, cool and sexy.



You've probably seen us. We started out in gyms, dorm rooms and hot-yoga studios, but slowly, silently and sexy-like, we've completely taken over London.

We're a not-so-secret society of black-legging-clad beauties, who've battled off buttons and zippers in favour of sleek, stretchy pants. It's true — they leave nothing to the imagination. You can totally see our butts, but we don't care because LMEAO tells us it's OK: We're sexy and we know it.

So why are we addicted to the legging? Is it because they make us feel like sultry superheroes? Or perhaps because our club is sponsored by Spandex?

Quite simply, no other bottom beats the legging when it comes to comfort. It hugs every curve perfectly, never giving or gaping, so it always fits, even after a binge weekend. Perhaps more importantly, the legging has no pockets and slip easily into boots, giving us instant justification for that new bag and those new Hunter wellies we've been lusting after. Brilliant!

Want to join the club? Here are the rules by which every BLBer must abide:

1. Leggings must be black, not faded-black or black-with-worn-out-patches. Keep them looking new with Woolite Extra Dark Care.

2. Because a thicker material means more coverage and therefore fewer unsightly lumps and bumps, you should look for phrases like "ponte knit," "four-way stretch" or "riding pants" with flattering contour seams. Try Club Monaco, Gap, the Bay or RW & CO.

3. Opt for oversized shirts or sweaters that hit at mid-thigh to keep you covered and balance out the

skinny bottoms. Try Old Navy.

4. A great black jegging gives the look of a jean without the stiffness. Try Rich & Skinny Jeggings at Saffron Road (\$185).

5. Keep leggings casual. Go for ballet flats and chunky-heeled or flat boots. Pairing them with pumps is so '80s (and not in a good way). Try Shoes on Central by Mugfords or Aldo.

6. Set yourself apart (and give your leggings an instant update) with leather insets, textured patterns and tuxedo details. Try Lolita.

Sarah Francis is the style maven behind realliferunway.com. She also reports on the latest trends for White Oaks Mall and iVillage.ca.

Kids. At work



► Zack Ramsey of London, left, sits alongside deputy clerk Linda Rowe and Mayor Joe Fontana in Fontana's usual seat yesterday during a finance and administration committee meeting at city hall. Zack, 14, was following Fontana for the day and carrying out a few of the mayor's official duties to mark Take Our Kids to Work Day. The Central Secondary School ninth-grader walked over to city hall on his lunch break several weeks ago to ask the mayor if he could tag along. He was welcomed with open arms. "It's great," Zack said, summing up his first hours on the job. "I like how it's (about) communicating to the public."

ANGELA MULLINS/METRO

Ninth-grader made mayor for a day

Upgrades win support

► New proposal for downtown is cheaper than last suggestion of \$4.1M

► Spending on security, parking, airport among items nixed in new plan



ANGELA MULLINS
@METRONEWS.CA

The cost of sprucing up downtown in advance of the 2013 World Figure Skating Championships has decreased to \$3.6 million.

Members of city council's finance and administration committee gave their blessing yesterday to paying for the upgrades. The projects fall into two basic categories: About \$1.5 million worth of work is already included in city budget plans and about \$2.1 million is under "unfunded initiatives" that could be covered by part of a predicted 2011 budget surplus.

The lion's share of the \$2.1 million would go toward a \$600,000 light and video display. It would include placing mesh screens over windows at the John

Rundown

There are 10 "unfunded initiatives" city officials want to take on in advance of the 2013 World Figure Skating Championships. They are outlined below in order of importance as identified by city staff.

- Light and video display: \$600,000
- Downtown lighting

Labatt Centre and the Covent Garden Market.

The display would allow for what's happening inside the JLC to be broadcast into the streets, said John Winston, general manager of Tourism London. The screens would also host a nightly light show, an idea Winston said has been successful in other venues, in-

cluding on Parliament Hill.

- enhancements: \$300,000
- Fan celebrations in Victoria Park: \$150,000
- Reception: \$50,000
- Fireworks: \$50,000
- Flags of the world display: \$40,000
- Way-finding signs: \$100,000
- Wi-Fi throughout downtown: \$150,000
- Market Lane improvements: \$500,000
- Downtown street furniture upgrades: \$190,000

cluding on Parliament Hill.

Another \$300,000 would go toward pumping fancy LED lighting into downtown, allowing for colourful displays on building facades, bridges and the Thames River.

The lights also could improve the look of King Street as it passes under Citi Plaza, and spice up the rail-

road tunnel connecting Wellington Road with downtown.

The lighting gives the city a long-term bang for its buck, Winston said, describing the LED effect to councillors as "extraordinarily transformational for the downtown core."

All committee members at yesterday's meeting showed support for the proposals, except Coun. Nancy Branscombe, who voted against spending money on things that won't have a lasting impact.

"I still have to think about the rest of it," she said, noting she may change her mind before Monday's meeting where the full council will consider the spending plan.

Winston said about 70 per cent of what's proposed are considered "legacy items."

Council passes on tax-shift proposal

City councillors didn't bite yesterday on an administration proposal aimed at decreasing industrial taxes while increasing those paid by homeowners and commercial businesses.

Administrators had rec-

ommended council discuss the issue during deliberations on next year's budget. Instead, members of council's finance and administration committee voted only to receive and file a staff report on the matter.

Mayor Joe Fontana suggested the tax shift could be revisited during 2013 budget talks.

The administration's suggestion was aimed at spurring economic development. ● ANGELA MULLINS

1.3%

The amount by which residential and commercial taxes would have increased under a proposal from city staff.



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Police dismantle mother's story

HANDOUT/THE CANADIAN PRESS

► Jury watches interrogation video at trial of alleged honour killers
 ► Accused's story put to test

A Montreal woman accused of killing her three daughters slowly changed her tune during a six-hour interrogation, as the investigator tried to appeal to motherly guilt, but he suggested her new story was just as implausible, court heard yesterday.

Tooba Mohammad Yahya, 41, her husband Mohammad Shafia, 58, and their son, Hamed Mohammad Shafia, 20, are all charged with four counts of first-degree murder in the deaths of three Shafia sisters and Shafia's other wife in a polygamous marriage. They have pleaded not guilty.

Yahya, Shafia and Hamed were arrested July 22, 2009, and yesterday the jury watched much of the video of the long interrogation of Tooba. RCMP Insp. Shahin Mehdizadeh was brought in to conduct the interview in Farsi.

For much of the interview, Mehdizadeh goes over

Submerged car

► Three teenage Shafia sisters, Zainab, 19, Sahar, 17, and Geeti, 13, along with Rona Amir Mohammad, 50, were found dead inside a submerged car on June 30, 2009, in locks in the Rideau Canal in Kingston, Ont.

► The three family members were interviewed by police that day, and in videos shown to the jury, they can be seen suggesting that Zainab, who didn't have a driver's licence, took the car keys so she could take the Nissan Sentra for a joy ride. The car ending up in the canal was a terrible accident, they suggested.

Yahya's story with her piece by piece, pointing out evidence to the contrary and accusing her of lying to him. "This is not an accident, madam," he says.

THE CANADIAN PRESS



► A car is pulled from the bottom of an eastern Ontario canal after being found with the bodies of three sisters and their father's first wife inside, in this 2009 file photo.

Soldier who killed comrade testifies at trial

A former Canadian reservist charged in the shooting death of a fellow soldier in Afghanistan testified in his own defence yesterday, saying he fired his weapon instinctively when he thought someone was pointing a gun at his back.

Matthew Wilcox of Glace Bay, N.S., is charged in the death of Cpl. Kevin Megeney at Kandahar Airfield on March 6, 2007.

Wilcox, who is facing a second court martial in the

case, told the military court he had neglected to remove a loaded magazine from his nine-millimetre Browning pistol before entering a tent he shared with Megeney, a friend from Stellarton, N.S.

Under cross-examination, Wilcox admitted he could have removed the magazine several times before entering the tent, but he failed to do so — a violation of an order that stated Canadian military person-



► Matthew Wilcox

nel could not carry loaded weapons inside the base.

Wilcox testified he was unloading gear in the tent when he heard the sound of a pistol being readied for firing.

"I heard the slide of a pistol being loaded, and out of the corner of my eye I could see a pistol," he told the court. "As I was turning, I fell backwards, pulled my pistol, cocked it and fired."

THE CANADIAN PRESS

No quick draw

► When defence lawyer David Bright asked his client if he had told other soldiers that he and Kevin Megeney were playing a game of "quick draw" when the gun went off, Matthew Wilcox denied saying that to anyone.
 ► However, Wilcox confirmed that he told one friend that he had heard rumours to that effect.

Girl finds needle in Halloween candy

Police in Whitby, Ont., are asking children and parents to check Halloween stashes after a girl found a needle in a piece of candy.

The 11-year-old girl was eating the candy when she found the small needle.

She was not injured.

THE CANADIAN PRESS

Rare white kiwi regains her mojo

Manukura the white kiwi appears to have regained her mojo after a heart scare during surgery to remove a stone from her gizzard. THE ASSOCIATED PRESS



► Manukura is treated at the Wellington Zoo.

Folks hopping mad over bunny gassing

An Alberta town's plan to eliminate up to 2,000 feral rabbits has some people very upset. Canmore has hired a contractor to trap

the bunnies and will then have them gassed if an animal-welfare group won't agree to sterilize and relocate them. THE CANADIAN PRESS

WikiLeaks founder loses legal battle

► Experts say odds stacked against Assange avoiding extradition to Sweden to answer sex-crime allegations

WikiLeaks founder Julian Assange lost his appeal against extradition to Sweden to answer sex-crime allegations, but said yesterday he will now consider whether to take his protracted fight to Britain's highest court.

High Court appeal Judges John Thomas and Duncan Ouseley rejected Assange's claims that it would be unfair and unlawful to send him to Scandinavia to be questioned over the alleged rape of one woman and the molestation of another in Stockholm last



► Julian Assange

year. The 40-year-old has denied wrongdoing, and insists the case is politically motivated by those opposed to the work of his secret-spilling organization. "We will be considering

our next steps in the days ahead," Assange said outside the court. He did not seem angry or visibly upset, despite the substantial legal setback.

Lawyer Mark Summers confirmed that it was not clear whether his client would attempt an appeal to Britain's Supreme Court. His legal team has 14 days to decide whether to apply to the High Court, and then must try to persuade judges that there is a point of law to justify an appeal to the highest court.

THE ASSOCIATED PRESS

Royal. Taster



► Prince William, Duke of Cambridge, and Catherine, Duchess of Cambridge, taste a high-energy paste used to treat severe malnutrition during a visit to the UNICEF Emergency Supply Centre yesterday in Copenhagen.

PHIL NOBLE - WPA POOL/GETTY IMAGES

Drawing attention to food crisis

Prince William and his wife, Kate, helped pack dozens of UN emergency supplies in Denmark to be distributed in East Africa, where a food shortage is affecting an estimated 13 million people. The British royal couple visited a UNICEF warehouse in Copenhagen to draw attention to the crisis.

Manila gets tough on labour abuse

The Philippines has banned its citizens from working in 41 countries that don't protect against labour abuse. Nearly 10 per cent of the Philippine population of 94 million work abroad.

THE ASSOCIATED PRESS

Three lions killed in South Africa

South African wildlife workers had to shoot and put down two lions who had strayed from a vast park and killed a farmer's cow.

The farmer had already killed a third lion.

THE ASSOCIATED PRESS

Kenya to destroy arms in Somalia

Kenyan military aircraft will target and destroy weapons that were flown into Somalia on two planes and delivered to Islamist militants, a military official said yesterday.

THE ASSOCIATED PRESS

Advertisement

Enjoy the benefits of paying yourself first

Experience the freedom of having a 'just-in-case' fund



Maria Contreras

RBC Royal Bank
Product Manager,
Savings Accounts

Many of us put off saving because we associate it with sacrifice. But regular saving can actually be a uniquely satisfying experience. Paying ourselves first, to have money to buy things we really need or want, means we enjoy those things all the more.

In the past I've written about establishing

savings goals: setting money aside for a specific item you want to buy at a specific time. Goals are great because they help us stick to a plan. So for those of us who don't have a specific purchase in mind, establishing

a 'just-in-case' fund will provide the same satisfaction and end result. Your goal doesn't have to be a specific item; setting a specific dollar amount and timeframe will ensure you've got cash on hand when something unexpected pops up. And if that just happens to be a last-minute vacation versus a car repair, then even better!

And good news! Whether your goal is a specific item, a dollar amount, or just the peace of mind of knowing there's money in the bank when you need it, saving really can be easy.

A little bit really does go a long way

If you don't think you're in a position to

save, consider how putting away even the smallest amount on a regular basis can add up quickly. Again, pay yourself first! For example, saving just \$25 a week adds up to \$1,300 a year. That's a nice chunk of change to have on hand should you suddenly decide you need a holiday or find the latest gadget calling your name!

Getting Started

Remember that saving is not about sacrifice. It's about prioritizing. Start by taking a look at your previous bank statements to see where you're spending your money. Ask yourself where you could easily trim and

decide on an amount to reallocate for saving. Maybe you're prone to impulse purchases, or maybe you're regularly spending money on something you wouldn't particularly miss. Making a few changes to my discretionary spending habits has

really helped grow my just-in-case fund and I've actually come to enjoy saving.

Make it easy for yourself

Here's the first secret to paying yourself first: open a dedicated savings account, then schedule automatic payments. Many people find setting up a payday transfer easiest because they don't notice the money leaving their account. This way, saving becomes a habit and you don't think about it. And every payday, your balance grows and grows.

Before long, you'll have saved a nice nest egg without feeling like you've sacrificed anything – satisfaction guaranteed.



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Energy company admits 'fracking' caused tremors

► Hydraulic fracturing on rise ► Critics fear method could poison water

The only company in Britain using hydraulic fracturing to release natural gas from shale rock said

yesterday that the controversial technique probably did trigger earth tremors in April and May.

But a report commissioned by Cuadrilla Resources, which is drilling for gas in the area outside the northwestern English coastal resort town of Blackpool, cautioned that the tremors, measuring 1.9 and 2.8 on the Richter scale — were due to an unusual combination of geology and operations and were unlikely to happen again.

Cuadrilla is the only company currently extracting shale gas using hydraulic fracturing — a controversial technique by which a mix of water, sand and chemicals are pumped deep inside underground rock formations to free the

gas.

Fracturing operations were suspended on May 27 following the detection of a tremor centred just outside Blackpool.

The company said operations would remain suspended while the company and government officials study the report.

The use of fracturing, colloquially known as "fracking," has increased dramatically in recent years, particularly in the United States.

Residents and environmental activists have raised concerns about the potential impact on water quality.

Critics say fracking could poison water supplies, while the natural gas industry says it's been used safely for decades.

Nick Molho, of environmental charity WWF, said that yesterday's findings were likely to add to the "very real concerns" people had about fracking.

But the report estimated that in the "unlikely scenario," that fracking kicked off another tremor, its maximum magnitude would be about 3 — meaning it would probably barely be felt if at all.

Meanwhile campaigners who oppose the fracking swooped in on one of the company's rigs in a protest against the industry.

In a statement, Cuadrilla said it believed that there were "five protesters on site, four of whom are attached to the machinery."

THE ASSOCIATED PRESS

► Protesters scale a shale gas rig at Banks, near Southport, England, bringing a halt to work at the Cuadrilla Resources site yesterday.



PETER BYRNE/THE ASSOCIATED PRESS

Market moment

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Dollar



+ 0.51¢
(98.66¢ US)

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(\$92.51 US)

Natural gas

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(- 3.2)

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(+ \$17.80)

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Canada's quality-job pace slows down: Report

Canada's 1.4 million unemployed were finding it tougher to land better-paying jobs, particularly in the public sector, as the pace of job growth in Canada appeared to slow during the third quarter, according to employment reports released

yesterday.

CIBC said its Canadian Employment Quality Index, which measures both the compensation and stability of jobs, sat roughly where it was on the eve of the last recession.

While the economy

generated on average 17,000 new jobs a month during the period, that was down from 29,000 a month in the second quarter and 33,000 in the first — and those fewer jobs were generally of lower quality, the report added. **THE CANADIAN PRESS**

Canada pricier than U.S.

A recent survey by the Bank of Canada shows consumer goods cost an average of 11 per cent more in Canada than in the United States.

The survey results, disclosed in testimony yesterday before a Senate committee by bank governor Mark Carney, show that while a big gap remains, it was nonetheless an improvement over what the bank found last spring.

SEAN KILPATRICK/THE CANADIAN PRESS



► Governor of the Bank of Canada Mark Carney.

In its April survey, the Bank of Canada found Canadians were paying an average 18 per cent more than Americans

for the same goods.

Carney says there could be a number of factors contributing to the "stickiness" in prices despite currency fluctuations that have seen the loonie trading around par with the U.S. dollar in recent months.

Among the possible influences, he mentioned higher taxes, retail labour costs that are about 20 per cent higher in Canada, a smaller population, higher transportation costs and economies of scale south of the border, which allow retailers to reduce costs.

THE CANADIAN PRESS

JAILS ARE A LOT LIKE COFFEE SHOPS — OR THEY SHOULD BE

HE SAYS ...

JOHN MAZEROLLE
METRO



Attention, readers who value their lives: You are in danger! While you read this innocuous-looking sentence (don't be fooled!), criminals could be violating your home, office or body.

That's because crime is everywhere. It's in Canadian downtowns, uptowns, upper downtowns, downer uptowns, suburbs, ghettos, bayous, kibbutzes, duck blinds, under the bed, below the gum line, and even in those stubborn and hard to reach places, like Moose Factory. No one is safe.

To be honest, if you've read this far without undergoing some form of violent attack, major theft or unwanted touching, such as the "noogie," then you should count your blessings. If you count them closely, I think you'll find that several have been stolen.

"By raising your vigilance, we are protecting you from the inevitable crime of the future and the unreported crime of the past."

And now the truly frightening part: There's nothing you can do about it.

That's why the Conservative government is getting — nay, must get — tough on crime.

I for one fully support their tough-on-crime agen-

da (which dovetails nicely with their tough-on-arts and tough-on-environment agenda).

As a left-wing media stooge, I'm expected to oppose everything the Conservatives do, but truth is the media and the government are on the same page, crime-wise.

We both recognize that the quickest way to get people's attention is through fear.

That's why so many newscasts begin with some variation on the question, "Should Canadians be worried?" To which the implicit but unspoken reply is "Yes, OF COURSE you should be worried; otherwise, we wouldn't be bringing you a story about this unprecedented CRISIS, would we, stupid?"

So I say increase the number of prisons until they rival the number of Tim Hortons. Criminals won't dare commit crimes if there's always a clink within view.

Don't think us crass, though. I think it's clear that, whether government or media, we scare because we care. We worry about crime because we're worried about your well-being. By raising your vigilance, we are protecting you from the inevitable crime of the future and the unreported crime of the past.

Understand? You win. We care.

And, if you don't remain vigilant, who knows what might happen? Personally, I worry you'll miss out on something truly scary and horrible, and you'll be so embarrassed you were out of the loop that you'll just wish you were dead.

And if you do die, we in the media will be there to cover it. Like we care.

Read more of John Mazerolle's columns at metronews.ca/hesays



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and take the quick poll

Should teachers and students be friends on Facebook?

91%

NO



9%

YES

Local tweets



► @WesternFair: Good luck @forestcityderby girls on your last game of the season on Friday! #LDNont

► @madisonwine: Long night, after long, after long night #midterms #hellweek #UWO

► @BrentCDuncan: Just demolished an Asiago Sourdough bagel from @uscwavespoke. It. Was. Fantastic. #starvingathlete #uwo

► @kvl: Checking out @LondnLightning tomorrow night @jlc and I need a friend to go with me #ld-

nont
► @OccupyLdnOnt: Throughout the evening and starting at 4pm we stand in solidarity with #occupyoakland and the #generalstrike. Join us #ldnont #victoriapark
► @RoxanneMarieM: Day 3 of back to work and already forgot to bring lunch. Here's why working in Covent Garden Market #ldnont gets expensive (tho tasty)
► @MeganMcIlmoyl: WHY is ucc so frigging hot?! I'm burning up in my class lately!!!! #feellikeijustranamarathon #uwo

Letters

The recent actions of the Conservatives, in particular Prime Minister Stephen Harper and Agriculture Minister Gerry Ritz regarding the Canadian Wheat Board (CWB), disregards federal legislation.

The CWB was established through the Canadian Wheat Board Act (1943), federal legislation providing farmers with a common economic voice. The act mandates the process by which the CWB can be dissolved, explaining that the government is legally bound to hold a plebiscite that results in a majority of the CWB members voting in favour of dissolution. Our government has refused to follow this process.

In lieu, the CWB held an independent plebiscite resulting in a 62 per cent majority supporting the CWB single desk for wheat. Nonetheless, Ritz tabled the Marketing Freedom for Grain Farmers Act, a bill that would dismantle the CWB by August of 2012.

We are gravely concerned by our government's failure to acknowledge the CWB Act.

KELTIE BUTLER, ON BEHALF OF
THE FOOD ACTION COMMITTEE OF
THE ECOLOGY ACTION CENTRE
HALIFAX

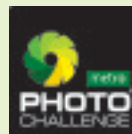


photo of the day



► This photo titled *Fantasia* was submitted to the Novelty category by Eduardo Nunes from Portugal.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Putting a face on tumours — literally

Doctors at Queen's University in Kingston did a double take when they spotted what looks like the face of a screaming man in an ultrasound of a testicular tumour.

What was meant as an inside joke between doctors went viral after it was published in a recent issue of the journal *Urology*.

The image has been compared to sightings of the Virgin Mary or Jesus



► What looks like the face of a screaming man in an ultrasound of a testicular tumour.

on toast or grilled cheese sandwiches.

In the journal, the doctors said they debated "whether the image could have been a sign from a deity" — notably the Egyptian god of virility — but quickly dismiss it as a coincidence.

THE CANADIAN PRESS

2
scene

Seeing a city's potential

► The Not Bad For London exhibit will showcase local artistic talent ► So, show your support

BACKSTAGE PASS

AMANDA GRANT
METRO LONDON



"It started as a joke," says artist Peter Thompson of the title of the upcoming exhibition Not Bad For London at the Michael Gibson Gallery, "but it seemed to work."

"It's about this comparison, or compromise, people make," says Jason McLean, whose work will be featured along with six other London artists in the show. "Like it wouldn't fly anywhere else, but for London, it's pretty good."

The irony isn't lost on the talent group known as "the drawers." Despite their London roots, the artists' success is largely outside of the city, in the other parts of Canada and abroad.

Their work has been bought and shown throughout Europe and North America, and just this past winter they exhibited together in Sweden.

"There's great stuff going on here but who's hearing about it? You have to have higher goals," McLean says.

Still, the artists: Marc Bell, James Kirkpatrick, Amy Lockhart, Jason McLean, Jamie Q, Peter Thompson and Billy Bert Young, are excited for the



► Jason McLean, left, James Kirkpatrick and Peter Thompson share a laugh ahead of the opening of Not Bad For London, showing at the Michael Gibson Gallery, which opens Friday.

show in London.

"We like exhibiting together," says James Kirkpatrick.

"But we don't always get to. It's hard to coordinate and curate but this came together quite naturally."

"It just seemed like the right time," McLean adds.

The artists' work is characterized by drawing.

Using different media they apply a drawing technique to their pieces, creating contemporary art with

a cartoonish tone.

This exhibition will feature a mix of old and new work, from the drawers. Each artist will occupy a part of the gallery with individual work, and the middle of the space will house collaborative projects.

The show also incorporates interactive elements, like Kirkpatrick's sound art.

Kirkpatrick is also a musician, and he has created instruments and amplifiers

for the show, so the viewer can become a participant.

"People can come in and pick up the instrument and play," he says.

"And they'll make a different sound every time you touch them, any song or melody you make will be unique to that moment."

The exhibit is an exciting display of Canadian talent and has drawn interest from major galleries and at the international art fair

this past week in Toronto.

"This isn't new, and it's not odd," McLean says, "We've been doing this for a long time. But are people going to get out to see contemporary art?"

London has the potential, McLean says, but it's whether people take advantage of it.

Not Bad For London opens Friday at 8 p.m. The exhibit will run at the Gibson gallery (157 Carling St.) until Nov. 26.

Hugh Grant



Hugh Grant's spokeswoman says the actor has become a father for the first time. The spokeswoman said Grant and the mother "had a fleeting affair and while this was not planned, Hugh could not be happier or more supportive."

THE ASSOCIATED PRESS



Jerry Seinfeld named first guest host to follow Regis Philbin's departure from Live!

Vying for your attention

► Vince Gill wants all eyes on him and his first album in five years ► Fighting for air time

Vince Gill thinks Guitar Slinger is his best album, and that's saying something. Yet he figures the average country fan won't hear it. That listener usually picks up her music on the radio, and precious few mainstream country stations will be playing Gill's music in heavy rota-

tion. As a player with a keen sense of country music history, he's seen it happen time and again. He was saddened when they stopped playing Merle Haggard and George Jones. He understood why, but that doesn't make it easier to take.

"I just felt like, 'Don't

stop playing them because of their age,'" Gill said. "If they're not as good, if the records aren't as great, if the crap coming along is better, great. That's all I ever wanted any of the people coming along to be was great. But if you get replaced by what you feel is not even close to as good,

that messes with you, I guess."

Gill is 54. There are a few artists in the over-50 set who get a pass like George Strait and Reba McEntire. But Gill thinks he's a better songwriter, player and singer than at any time in his life..

THE ASSOCIATED PRESS



► Vince Gill

GETTY IMAGES

No holds barred for Neil

► Actor resumes his crazy role in A Very Harold & Kumar 3D Christmas



Neil Patrick Harris has successfully come out of the post-child star wasteland to become one of the biggest stars working today, with a hit sitcom on CBS, gigs hosting every major awards show but the Oscars, and a large fanbase cheering him on.

And since it was his jaw-dropping cameo in 2004's Harold & Kumar go to White Castle that helped relaunch his career, naturally he was game to come back for the franchise's third instalment, A Very Harold & Kumar 3D Christmas — even if he did get shot and killed at the end of the last film.

But you can't have NPH return from the dead for

another Harold & Kumar film without upping the ante on his atrocious behaviour.

When asked if there's a line he wouldn't want to cross with his onscreen alter ego, Harris insists it's far too late for that kind of thinking.

"That's such a tough question because I never thought that any of this would've been written," he says.

"I wouldn't even have imagined that I would be smoking crack and trying to forceably enter a dancer girl. I don't know where the line gets drawn here anymore."

Of course, Harris' rising profile — and public coming out of the closet — have become factors since the original film, leaving a lot for the filmmakers to address.

How NPH fits in

► In A Very Harold & Kumar 3D Christmas, the boys stumble upon Neil Patrick Harris rehearsing a Rockette-studded holiday spectacular, complete with show tunes and kick-lines.

Harris was happy to poke fun at his newfound status — he's referred to as America's Sweetheart in the film — as long as he got a say in the jokes as usual. That held especially true since Harris' husband, David Burtka, was along for the ride this time.

"I was more cautious and protective of those scenes than any of the others, weirdly, just because I didn't want it to feel exploitative or like a sight gag and nothing more," says Harris.

"I know David to be a well-trained Albee actor from New York, and I just didn't want it to seem like we were using him for some sight gag and then end it. And I didn't want to leave a bad taste in anyone's mouth about him on my watch, right?"

In the end, Burtka is used to great comic effect — and we'll just leave it at that for now.

As much affection as Harris has for the franchise that helped make him a star again, that doesn't necessarily mean he's a lock for any and all Harold and Kumar adventures in the future.

So what would it mean to have the duo hit the big screen without NPH?

"I think Jonathan Taylor Thomas would be thrilled," Harris says with a laugh.



► Neil Patrick Harris has been a staple in the Harold & Kumar movies.

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The Biebs a baby daddy?

- California woman wants Justin Bieber to take a paternity test
- Claims four-month-old child is his



► Justin Bieber

A California woman claims that Justin Bieber is the father of her four-month-old child and wants the 17-year-old pop star to take a paternity test, according to TMZ. "He told me he wanted to make love to me and this was going to be his first time," the woman, 20-year-old Mariah Yeater, says in a sworn affidavit, explaining that they met backstage after an L.A. concert in October 2010, where Bieber allegedly invited her to join him in private — in a bathroom.

"We went inside and immediately his personality changed drastically," Yeater

says.

"At the time I asked him to put a condom for protection, but he insisted that he did not want to. In his own words, he said that because it was his first time he wanted to feel everything."

Bieber's camp is denying the allegations, of course: "While we haven't yet seen the lawsuit, it's sad that someone would fabricate malicious, defamatory, and demonstrably false claims," the singer's reps say. "We will vigorously pursue all available legal remedies to defend and protect Justin against these allegations."

● METRO

WHAT ABOUT THE GIFTS, KIM?

THE WORD

DOROTHY ROBINSON
SCENE@METRONews.CA



Day three of Kardashian divorce coverage and we're not slowing down — not when, like Pompeii, there are so many unanswered questions out there.

But they won't be unexplained for long as — wouldn't you know it? — it just so happens Kris Jenner has a new book, *Kris Jenner: And All Things Kardashian*, that she has to promote!

The ladies of *The View* grilled Mama Kardashian yesterday and whereas Jenner was very honest, she says she doesn't know what her daughter will do with that \$2 million dollar engagement ring.

But we do, thanks to a quick chat with etiquette expert extraordinaire, Lizzie Post, co-author of the new book *Emily Post's Etiquette: 18th Edition*. And although "etiquette" and "Kardashian" go as well together as "Larry King" and "sex tape," she does have some good points.

"That's her ring to keep," she advises.

"It's really hers and it's

up to her on what she decides to do with it.

"She did have a marriage. Just because it didn't last very long doesn't mean she didn't follow through with her engagement."

But, as for the news Kardashian is donating her millions of dollars worth of wedding gifts to charity, Post says that is just wrong, wrong, wrong.

"It's totally inappropriate!" she laughs.

"I know her heart is in the right place but the truth of the matter is, the intention behind a wedding gift isn't to be donated, it was for them to be used as gifts for Kris and Kim and their life together."

"The appropriate thing is to return them to the person who gave it — especially if she goes and gets the tax write-off for them."

Post's last piece of etiquette advice is that everyone (even big-headed gossip columnists like myself) need to be respectful of their divorce.

"Everyone should be very open minded and respectful now," says Post.

"I don't care who you are — having a marriage dissolve after that short of time is very painful," she adds.



► Kim Kardashian and Kris Humphries in happier times.

Celebrity tweets



I wonder how many seals escape being eaten by great white sharks because the sharks have mistaken them for surfers.



@JimCarrey

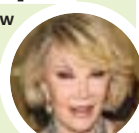


@SethMacFarlane

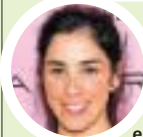
There's a decent chance our next president will believe that humans once kept dinosaurs as pets.

@Joan_Rivers

I think I know why Kim's marriage lasted only 72 days. Apparently she only knows 71 positions.



@SarahKSilverman



contact.

I wish I had a deity copilot. I don't even have an emergency

Kutcher's TV life is also steamy

The latest episode of *Two and a Half Men* featured a bit of art imitating life, thanks to a line of dialogue from Ashton Kutcher's character that was either meant to poke fun at his cheating scandal or serve as some sort of announcement about he and Demi Moore's marriage.

While discussing redecorating ideas, Kutcher's character says, "Can I have a jacuzzi on the balcony? Because I'm single now, so I'm going to be having sex with a lot of women I haven't met yet."

Coincidentally, Sara Leal



► Ashton Kutcher

says Kutcher had sex with her in a jacuzzi on a balcony while he was in San Diego in September — on the night of his and Moore's wedding anniversary. ● METRO

ScarJo's nudes were meant for Reynolds

Scarlett Johansson says the nude photos of her that were leaked by a hacker were originally intended for ex-husband Ryan Reynolds — though Johansson's personal photo shoot took place while the two were still married.

"They were sent to my husband. There's nothing wrong with that," the actress tells *Vanity Fair*, explaining that she took the pictures herself because "I know my best angles."

Besides, Johansson doesn't understand why the pictures should be such a scandal anyway. "It's not like I was shooting a porno," she says. ● METRO

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Close up on Bridget Kelly

► Jay-Z's protégé is a New Yorker with a debut EP that features The Dream and Frank Ocean, and a mean flair for makeup

► She shares some of her stage tips

ROMINA MCGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Lip balm that won't catch flies

"I wear my hair down a lot so I'm not a fan of lip-gloss," says the Roc Nation singer who is currently working on a new album. "If I'm on stage and the wind blows then my hair will get stuck on my mouth so I avoid it. MAC's pink lip conditioner gives just a little bit of tint and looks like a gloss without the sticky shine. It's just enough moisture to look like makeup."

Beating the bad skin days

"The NARS duo concealer in custard/ginger saves my life when I'm having a breakout," Kelly explains. "It completely covers what I need covered. And if I have a show, MAC studio tech compact gives me complete coverage and gives my face a glow."

The trick to cheek contouring

"I have high cheekbones so it's really easy for me to mess the blush up and end up looking like a doll.



For the best result I use a small brush with St. Tropez Bronzing Rocks. I try and contour the powder below my cheekbones by making a fish face and pouting my lips so I can see where my cheekbone

line is and then I just brush underneath it. This helps illuminate them a little more."

On the perfect eye:

"I have long lashes so mascara easily starts to

Bridget Kelly's beauty rules

- 1 "Wash your face twice a day to keep the skin fresh and the pores clean."
- 2 "Never be afraid to try new things. I used to have a fear of lipstick as I used to find a heavy lip so overwhelming. It can overpower the face and that freaked me out. Now I've started experimenting and I'm more comfortable with the idea so I sometimes go for an orange, bright pink or dark purple lip, colours that used to horrify me."
- 3 "Find makeup that matches your neck. I often see women with all different shades on their face, hands, neck and chest. That never works."

cake and I end up with tarantula eyes. L'Oreal Voluminous mascara is wonderful as it really separates my lashes and adds a bit of lift to them so I don't need eyelash curlers."

IN HER MAKEUP BAG



NARS

Duo Concealer in Custard/Ginger

► \$30, narscosmetics.com

MAC

Lipstick in brave red

► \$15, maccosmetics.com



BURBERRY

Brit Eau de Toilette

► \$72, burberry.com



L'ORÉAL PARIS

Voluminous Volume Building Mascara in Black

► \$8, lorealparis.com



ST. TROPEZ

Tan Enhancing Bronzing Rocks

► \$40, st-tropez.com

3

life

Style pick

Jil Sander iPhone holder

Yes, the iPhone 4S is here. The fact that people camped outside Apple stores worldwide, surely means that this latest gizmo will somehow be life changing. Not quite? Whether you're a technocrat or not, it's always a wise move to keep your gadget safe by (colour) popping it in this on-trend, saffron sheath.

● RICHARD PECKETT



JIL SANDER

\$125, oki-ni.com



Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



► "You know you are iconic when you are a Halloween costume" (Jeanne retweet posted by @kent_worth)

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@Jeanne_Beker:
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@Jeanne_Beker:
So...what do YOU think makes a great fashion
magazine cover?

- @kellycompeau "what do YOU think makes a great fashion magazine cover?" — A 45 yr old that hasn't been air brushed to unrealistic perfection
- @Jeanne_Beker: I agree. Reality rocks!
- @miawallace16 re: mag covers — colour is very important. needs to have shelf appeal. so many options these days. #behold
- @Jeanne_Beker: Absolutely! We need to be engaged..



Saint Pierre teams with
Reitmans; boost for New
Labels; Pugh for MAC

Hottest new appliances

► Chop, sizzle and chill out in style with the latest and greatest gadgets for your kitchen

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

Each fall new and exciting kitchen appliances are introduced to the marketplace. This year offers new technology, more stainless steel and built-in styles. Here's a quick peek at some of the most interesting I found.

Thermador Masterpiece Induction Cooktop

Induction cooking offers immediate on/off heat that is safe for busy kitchens and serious cooks. The exclusive Sensor Dome feature monitors the heat of the pan so that food cooks at the constant heat level you want; \$5,150.

Bosch 800 Plus Series dishwasher

This is the dishwasher that hits home with small space and open-concept home dwellers; it's the quietest and most water efficient on the appliance market.

No more turning up the television while the dishwasher is running. It also has a half-load cleaning cycle, which saves water and energy; \$2,400.



► Sleek, built-in stainless appliances top the list of trends for this year.

Sharp Microwave Drawer Ovens

A new way to consider installing a microwave is under the counter and the Sharp microwave oven is one of the firsts to do so.

Mounting it low means it is tucked out of view, easy for children to use and means no lifting hot dishes from above. A safety button gives parents peace of mind when not around; \$1,100.

Scholtes 24 inch built-in wine fridge

This smart looking, built-in wine fridge looks great mounted high on the wall or below a counter and sits flush with the depth of cabinets. It holds up to 24 bottles, offers UV light protection and clean air circulation to keep wine safe.



De'Longhi's hand blender offers more than just pureeing like a pro.

It's the perfect size for those that want to integrate a wine fridge into an average or small-sized kitchen; \$1,999.

Jura Impressa J9 Coffee Machine

This is the granddaddy of high-end countertop coffee machines; just one touch and you can automatically make barista-quality lattes, espressos and cappuccinos. Truly the best! \$2,995

Frigidaire 30 inch Freestanding Electric Double Oven Range

This is the Cadillac of ranges for busy families or cooking enthusiasts; the full-sized double ovens can each hold 28 pound turkeys and the stovetop boasts five elements (two of which are expandable), plus a warming zone; \$2,200.

De'Longhi Hand Blender

The three blades and stainless shaft mean you can puree hot soups and sauces right in the pot. It's great for smoothies too! A rubberized handle keeps the blender non-slip and keeps



► Sharp's Microwave Cooking Drawer takes the microwave to a new level.

buttons protected from heat and splatters; \$99.

Bosch VitaFresh Refrigerator
This armoire-style refrigerator has two upper doors and a deep freezer drawer below that makes food storage a breeze. A high-tech lining within the fridge drawers help to maintain the perfect balance of temperature, humidity and air circulation, and an AirFresh filter (never needs to be replaced) keeps ice smelling and tasting great; \$2,999.

KitchenAid Architect Series Food Processor
This large sized food proces-



► Induction cooktops offer instant on/off heat.



► Scholtes' Compact Wine Fridge keeps up to 24 bottles perfectly chilled.

sor has an external adjustment for the slicing disc that allows you to control the thickness of cutting and adjust for thin or thick slicing without having to open

the lid.

It also has an ultra wide feed tube large enough for potatoes or cucumbers.

Great for the family chef; \$399.

SPONGING CLEANUP ADVICE IN CHINA

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

one of the journalists leaned over and said, "Charles, as a professional butler, how do you clean a kitchen sponge?"

At first I was a little taken back, and then I laughed.

Why did I laugh? Well I started thinking to myself that despite literally being on the other side of the world from home, we all have the same questions in our daily lives.

So how do you clean sponges? Well, it is rather simple really.

1. Wash you sponge under warm running water with dish soap.

2. Take the wet sponge

and twist most of the water out.

3. Put the moist sponge in the microwave on full power for 60-90 seconds.

4. Let it dry on your kitchen counter.

Now one thing to always remember: don't keep sponges for too long.

Lucky enough sponges are generally inexpensive and so after a period of time (I change mine pending use every two to four weeks) they should be replaced, but it is important to clean them daily.

GOT A QUESTION? SEND AN EMAIL
TO ASKCHARLESTHEBUTLER-
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Greetings from Asia!
Yesterday, while having lunch at the new Andaz Hotel here in Shanghai, I had the honour to be with three wonderful local journalists.
Lunch started off as most business lunches do with pleasant conversation, but within the first 10 minutes

Weekly Cookbook



Eating fresh, local produce is a hot trend, but Marie Lawrence has been cooking with produce from her gardens and buying milk from the farmers up the road since she was a kid.

In *The Farmer's Cookbook: A Back to Basics Guide to Making Cheese, Soups and Stews, Curing Meat, Preserving Baking Bread, Fermenting, Pies and Cookies, And More* (Skyhorse Publishing Inc., 2011), she includes recipes organized by month. November recipes, for example, include Vermont Country Sausage, Baked Beans, Pumpkin Cheesecake.

Bursting with harvest flavours

MATTHEW MEAD / THE ASSOCIATED PRESS

► Using oats and rice in this veggie burger gives it a great texture

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONews.CA



Instead of trying to pass it off as meat, why not embrace the idea of a veggie burger and make one that tastes and looks like what it is?

That was the motivation in creating this harvest burger, a patty bursting with flavour, not to mention onions, red pepper, corn, pumpkin, rice and oats.

Preparation:

1 In a skillet over medium-high, heat 15 ml (1 tbsp)

of the oil. Add onion and cumin; sauté until onion softens and begins to brown. Add red pepper and corn kernels and sauté until just tender, 3 to 4 minutes.

2 Transfer mix to bowl and let cool 5 minutes. Add rice, oats, pumpkin, cilantro, balsamic vinegar, cayenne, salt and

pepper. Stir to combine. Form mix into 6 patties.

3 Heat remaining olive oil in skillet over medium-high. Add patties to skillet, in batches if needed, and brown for 3 minutes per side. Serve on buns with preferred condiments. **EMILY RICHARDS IS**

A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/ THE ASSOCIATED PRESS

Ingredients:

- 45 ml (3 tbsp) olive oil
- 1 onion, diced
- 5 ml (1 tsp) ground cumin
- 1 red bell pepper, core and diced
- 125 ml (1/2 cup) corn kernels, fresh or frozen
- 250 ml (1 cup) cooked brown rice
- 250 ml (1 cup) quick oats,

lightly toasted

- 1 can (398 ml/14 oz) pumpkin or squash puree
- 30 ml (2 tbsp) chopped fresh cilantro or parsley
- 15 ml (1 tbsp) balsamic vinegar
- Pinch cayenne pepper
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) black pepper
- 6 burger buns



► Skip the typical burger sides in favour of a steaming cup of seasonal and tasty Ruby Red Beet Soup

Beets offer up a jewel-like red colour to this soup and they are full of nutritional goodness and flavour.

When making the Ruby Red Beet Soup, look for larger beets to save time peeling.

Preparation:

1 Shred the beets, onion and potato in food processor fitted with shredding disk (or use a box grater). Place vegetables in a large saucepan along with chicken broth and orange peel. Bring to a boil; reduce heat and simmer for 20 minutes

THE CANADIAN PRESS H/O

or until veggies tender. Let cool slightly. Discard orange peel.

2 Puree vegetables in batches in a blender or food processor until smooth. Return to saucepan and reheat until hot. Remove from heat. Stir in vinegar; season with salt and pepper to taste.

3 Garnish each serving with a dollop of yogurt and sprinkling of chives.

● **EMILY RICHARDS/**
FOODLAND ONTARIO/
THE CANADIAN PRESS

Ingredients:

- 750 g (1 1/2 lb) beets, peeled
- 1 onion
- 1 large baking potato, peeled
- 1.5 l (6 cups) sodium-reduced chicken broth
- 2 strips orange peel
- 15 ml (1 tbsp) red wine vinegar
- Salt and pepper
- Low-fat thick plain yogurt (such as Greek yogurt), for garnish
- Chopped fresh chives, for garnish



► This recipe serves six.

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4
sports

Sports in brief



The London Knights announced that defenceman Jarred Tinordi has signed a three-year contract with the Montreal Canadiens.

A first-round draft pick (22nd overall) at the 2010 NHL Entry Draft, Tinordi is the Knights captain.

In other Knights news, forward Vladislav Namestnikov was named to Team Russia for the first OHL stop in the Subway Super Series in Ottawa on Nov. 10. Namestnikov's Knights teammates Seth Griffith and Scott Harrington will suit up for Team OHL.

METRO



► Senators players credit coach Paul MacLean with improving team morale.

A steady hand on the tiller

THE HOCKEY NEWS

MURRAY PAM
OTTAWA@METRONWS.CA



In his post-game conference after the Senators were thrashed 7-2 at home by Philadelphia two weeks ago, coach Paul MacLean refused to pass the buck. "The coaches as well as the players will be held accountable," he said.

The team subsequently went on a roll, winning six consecutive games, several in dramatic fashion. The reason for the turnaround? There are a handful of fac-

tors at play — including growing familiarity with each other and new systems — but don't discount the role the new bench boss is playing.

"There are no easy days, but Paul makes it fun out there for us," said veteran winger Chris Neil. "He makes it enjoyable to come to the rink."

Neil says players now arrive for practice early and stay late, unlike last season under Cory Clouston when "everyone would arrive at the last possible moment."

While GM Bryan Murray has made some astute acquisitions and draft picks in recent years, his most important may prove to be his new leader, the man who sets the tone for a young squad to follow.

MacLean, 53, a disciple of Stanley Cup-winning coach Mike Babcock in Detroit and Anaheim over the past eight years, is bringing a cultural change to the organization. Along with assistants Dave Cameron and Mark Reeds, MacLean has the Senators rapidly carving out an identity, a play-for-each-other, never-say-die mentality, something his predecessors — Clouston, Craig Hartsburg and John Paddock — failed to accomplish.

When the Senators trailed early in past seasons, you gave up on them because they seemed to surrender, but this club has developed an undeniable air of solidarity.

Despite being outscored 18-7 in first periods, they

have been able to overcome deficits on a regular basis and give fans reason to stay tuned.

Of course, we shouldn't get too far ahead of ourselves. It's still early and the Sens have a difficult stretch upcoming; eight of 12 November games are on the road, including a western swing, and the prognosis for concussed captain Daniel Alfredsson is unclear. How they fare in that span should provide a solid indication of which way this season will ultimately head.

Regardless, MacLean's positive stamp on the Sens is reason enough for optimism over the long haul, something this franchise and their fans been devoid of far too long.

Calvillo gets nod for top CFL award again

Another year, another outstanding player award nomination for Anthony Calvillo.

The veteran quarterback was named the Montreal Alouettes nominee for the award yesterday in voting conducted by members of the Football Reporters of Canada as well as the eight CFL head coaches. Calvillo has won the honour three times ('03, '08, '09) and is looking to be the East Division nominee for a fourth straight season.

The 39-year-old Calvillo has enjoyed a banner campaign, leading the CFL in passing yards (5,188) and touchdowns (32) while surrendering just eight interceptions. And earlier this season Calvillo became the CFL's all-time leader in completions (5,345), touchdown passes (418) and passing yards (73,349).

But Calvillo wasn't a unanimous selection, not a surprise given Montreal's Jamel Richardson leads the CFL in catches (110), receiving yards (1,772) and touchdown receptions (11). Also, tailback Brandon Whitaker posted a league-high 1,364 yards rushing in his first season as the Alouettes' starter.

However, it's Calvillo who makes Montreal's high-powered offence go. Under his guidance, the Alouettes lead the CFL in scoring (30.2 points per game), passing (321.8 yards per game) and total yards (419 yards per game). **THE CANADIAN PRESS**

Toronto FC considers playing under dome

Toronto FC will decide soon whether their CONCACAF Champions League quarter-final match will be played under the roof at Rogers Centre next March.

"We'll probably be making a decision very, very soon," Earl Cochrane, director of team and player operations, said yesterday. "Hopefully by the time of the draw (Nov. 8) but certainly in and around there."

Toronto earned the right to host the first leg of the two-game Champions

"It is a special game and a lot of people want to watch it. If it is necessary to play in the game (at Rogers Centre) then we should do it."

TFC HEAD COACH AND TECHNICAL DIRECTOR ARON WINTER

League quarter-final by finishing second in Group C of the round-robin portion of the tournament.

BMO Field on the Canadian National Exhibition grounds is TFC's home field, but the Champions League match on March 6, 7 or 8 against the team it draws presents a special op-

portunity.

"We're looking at both options," Cochrane said at a media briefing when asked if the game would be played at BMO Field or Rogers Centre. "The challenges here are obvious."

Weather could be a factor for the game played in Toronto, which will be

against either the Los Angeles Galaxy of MLS or Santos Laguna or defending champion Monterrey, both from Mexico. Those teams finished first in their respective groups.

Rogers Centre, home of Major League Baseball's Blue Jays and the Canadian Football League's Argonauts, has artificial turf and Cochrane said importing a grass field is being discussed should the game be played indoors.

THE CANADIAN PRESS

The East

The other East Division nominees include kick-returner/receiver Chad Owens of the Toronto Argonauts, defensive lineman Justin Hickman of the Hamilton Tiger-Cats and defensive back Jovon Johnson of the Winnipeg Blue Bombers.

► Owens leads the CFL with 3,345 all-purpose yards and became the first player in pro football history to surpass the 3,000-yard plateau in consecutive seasons.

Copeland amped for finale

► Argos receiver hopes to surpass yardage milestone vs. Ticats ► 'I'm going to make everyone happy for coming out,' Copeland says of celebration plans

It's been a miserable season for the Toronto Argonauts and veteran receiver Jeremane Copeland.

Toronto will finish the campaign last in the East Division and miss the CFL playoffs for the third time in four years. And through 17 regular-season contests, Copeland has just 41 catches for 595 yards and no TDs.

But the veteran needs just 23 yards receiving to become the 15th player in CFL history to reach 10,000 yards. And Copeland can't think of a better way to achieve the plateau than with a TD grab tonight in a season-ending victory over the arch-rival Hamilton Tiger-Cats (8-9).

"It would be awesome if my 10,000 yards came when I scored a touchdown," Copeland said yesterday after Toronto's final



TICATS



ARGOS

► Time: 7:30 p.m.
TV: TSN

practice of the season. "It probably would be a big party, actually."

"I'd definitely have a lot of fun with it in the end zone ... I think everyone that's in the (Rogers Centre) will definitely see it."

Hamilton has already cemented third spot in the East Division and, win or lose, will travel to either Montreal or Winnipeg for the conference semifinal.

Earlier in his CFL career, Copeland had the reputation of being a master of end-zone celebrations. He

says he'd give the crowd something to remember if he achieves his milestone.

"If it comes down to that, I will have a good time," he said, with a grin.

Getting into the end zone consistently has been a big problem this year for Toronto (5-12). The Argos are second-last in scoring (21.4 points per game) and last in touchdowns (29) and TD passes (15).

Toronto will be minus starting quarterback Steven Jyles, who is out with a head injury. He was hurt in Friday's 27-22 win in Winnipeg on a helmet-to-helmet hit by Bombers' defensive back Johnny Sears Jr. The CFL suspended Sears for one game on Tuesday.

Backup Dalton Bell will start and understands, like many Argos, he is audition-

ing for a job next season.

"You want to play well and keep it fresh in the coaches' minds for the off-season because that's a long time for those guys to think," Bell said. "You want to set yourself up for next year, not just for myself but for the team."

It's also been a tough season for Bell, who has completed 40-of-79 passes (50.6 per cent) for 396 yards with just one touchdown against eight interceptions. Ball security, Bell says, will be a priority.

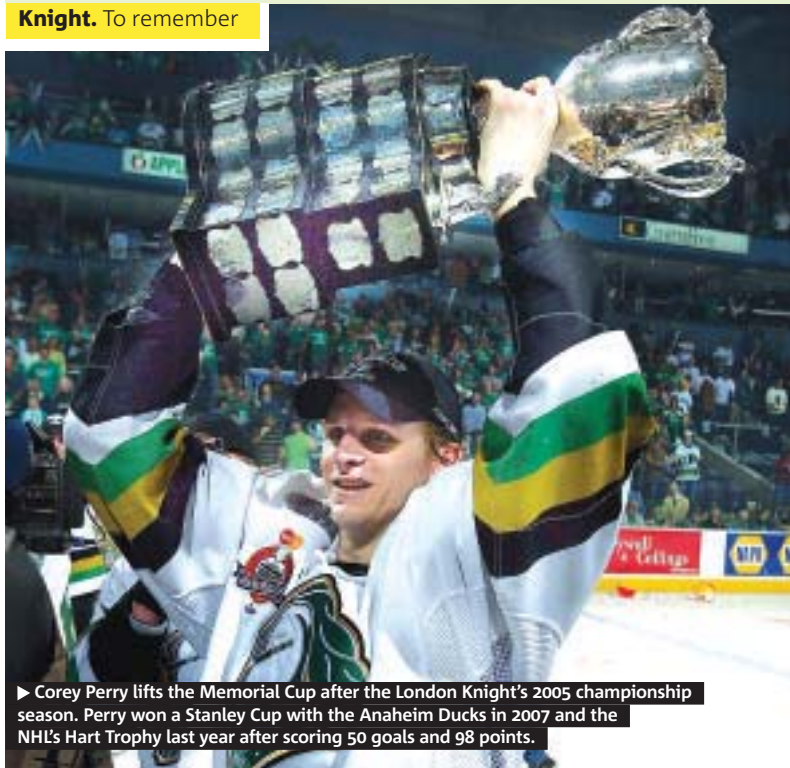
"I've thrown a lot picks this year," he said. "I have to go out there and take care of the ball and show the offence can move down the field with me."

Playing well is crucial for Bell, who is and slated to become a free agent this off-season. **THE CANADIAN PRESS**



► Argo Jeremane Copeland will try to become the 15th player in CFL history to reach 10,000 yards receiving tonight.

Knight. To remember



► Corey Perry lifts the Memorial Cup after the London Knight's 2005 championship season. Perry won a Stanley Cup with the Anaheim Ducks in 2007 and the NHL's Hart Trophy last year after scoring 50 goals and 98 points.

DAVE SANDFORD/GETTY IMAGES

Perry's No. 94 heading to the rafters

Anaheim Ducks winger Corey Perry will have his No. 94 retired by the London Knights tomorrow night. Perry will be in attendance at the John Labatt Centre when London hosts the Brampton Battalion. The Ducks visit the Detroit Red Wings the Saturday night. The 26-year-old from New Liskeard, Ont., was drafted fifth overall by the Knights in the 2001 OHL Priority Selection draft and went on to become the club's current record holder for points. **THE CANADIAN PRESS**



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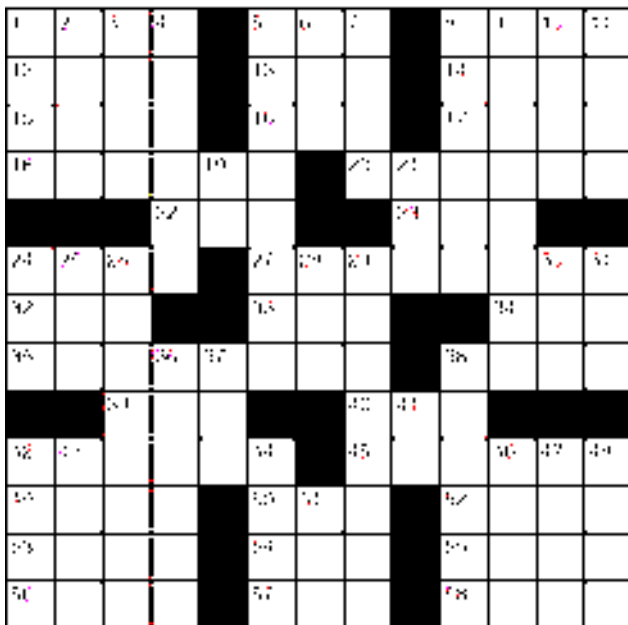
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Crossword

Across

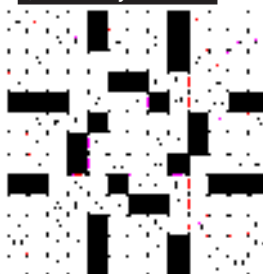
- 1 Spinning toys
5 — -relief
8 Help with a crime
12 Beehive State
13 Every last bit
14 Crooner Jerry
15 Use a teaspoon
16 Spy-novel org.
17 "... and to — good-night!"
18 Alaskan brown bear
20 "GWTW" hero
22 To the — degree
23 Trail behind
24 Spoof
27 Locales for snuffing
32 Commotion
33 Gun lobby grp.
34 Wrestling surface
35 Confined
38 Moist in the morn
39 A billion years
40 Prepare Easter eggs
42 Surprise attack
45 Chocolate-coated treat
49 "Buenos —"
50 Playwright Levin
52 Corn territory
53 Lobs' paths
54 Book spine abbr.
55 Blueprint additions
56 Create
57 Conger, e.g.
58 T, in Morse code
Down
1 Walrus feature
2 "Beetle Bailey" dog
3 Remunerated
4 Psychiatrist
5 Tennis stroke
6 "The Greatest"



- 7 Thick chunk
8 Computer user's icon
9 Situation
10 Model Macpherson
11 Rend
19 What @ means
21 Last (Abbr.)
24 Jongg preceder
25 Praise in verse
26 Retort
28 — Lanka
29 Court pastime
30 Deviate off course
31 Pigpen
36 Fluffy dessert

- 37 Type units
38 Just said no
41 Rocky's greeting
42 Leading man?
43 Actress Sorvino
44 Apiary home
46 Gaucho's weapon
47 Temple University team
48 Humorous poet
Ogden
51 Fish eggs

► Yesterday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 Your confidence may be sky high but don't fall into the trap of thinking that you cannot possibly fail.
♉ Taurus April 21-May 21 Anyone who tries to tell you that you owe them your time, or even your money, is not to be trusted.
♊ Gemini May 22-June 21 Don't jump on someone's back just because he or she refuses to see things your way. Let it be.
♋ Cancer June 22-July 22 The more people say you can trust them today, the more you should be on your guard.

♌ Leo July 23-Aug. 23 If opportunity comes knocking today, you must grab it with both hands.
♍ Virgo Aug. 24-Sept. 22 You are long past the point where what you get out of a partnership makes up for what you put in.
♎ Libra Sept. 23-Oct. 23 Strive to stay serene no matter how difficult life gets. You may find that it's not so difficult after all.
♏ Scorpio Oct. 24-Nov. 22 Avoid the temptation to point out a colleague's mistakes today because he or she won't take kindly to you making him or her look bad.

♐ Sagittarius Nov. 23-Dec. 21 You will do OK if you have a specific aim in mind and a plan to get you there by the shortest route.
♑ Capricorn Dec. 22-Jan. 20 Sometimes, it is best to break bad news to someone quickly rather than letting it drag on.
♒ Aquarius Jan. 21-Feb. 18 If you try too hard to make a good impression today, you may end up doing the opposite.
♓ Pisces Feb. 19-March 20. Uranus, planet of changes, warns you must not take chances with money. **SALLY BROMPTON**

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

4	6	2	7	9	1	8	3	5
3	7	1	2	5	8	6	9	4
5	9	8	3	4	6	7	2	1
2	4	8	1	8	7	3	5	9
8	1	5	9	3	2	4	6	7
9	3	7	5	6	4	2	1	8
1	8	3	4	2	9	5	7	6
7	2	4	6	1	5	9	8	3
6	5	9	8	7	3	1	4	2



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Baby (RSC), ILU and i just wanted to let u know how much u mean to me (which is A LOT) :P and i hope u like this surprise (mwah) <3 AROOSA :)

William, It's been a long time since we have seen each other. I am good. I am sorry for how I treated you, I was beyond horrible to you. Maybe one day you can find it in your heart to forgive me and maybe we can be friends again. I hope your doing good as well. L

*Welsh Princess
You are the girl that I have always been searching for - I'll never stop loving you and making you laugh. The sun shines brighter and my thoughts are filled with the golden hues of a radiance in love that you have given me! We are one, we always were and we will always be love incarnate!*

THE ORIGINAL BLIN ROSE

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